



footprints to health

Technique of the Week Slow-cooker

Healthy Recipe Idea: Cowboy Casserole

Ingredients:

- 1 onion, chopped
- 1 pound ground turkey, browned and drained
- 6 small potatoes, sliced
- 1 medium red pepper, diced
- 1 medium green pepper, diced
- 1 garlic clove, minced
- 16 oz can kidney beans, drained
- 15 oz can diced tomatoes
- 2 Tbsp flour
- 1/4 tsp pepper



Directions: Layer onions, ground turkey, potatoes, garlic, peppers, and beans in slow cooker. Spread tomatoes over all, sprinkle with salt and pepper. Cover and cook on low for 5-6 hours or until potatoes are tender.

How do I chop my onion ?

Choose a firm, heavy onion. Store in a cool, dry place or in the refrigerator. Do not store with potatoes. Slice off the top of the onion with a sharp knife. Pull off the papery outer layers and discard. Set the onion on its cut side and slice in half through the root. The root will help hold the onion together as you slice. Lay the onion half down, and cut into half circles. Stack the half circles and chop into squares the desired size. Or, Lay the onion half down, and make a series of slices towards the root, but not all the way through. Then, holding these pieces together with one hand, slice across these cuts. The onion will fall into pieces. Chop any large pieces into smaller pieces. Discard the root.